

University Of Mysore

Sri Adichunchanagiri College of Arts and Commerce
Nagamangala-571432, Mandya Dist.

YOUTH RED CROSS UNIT

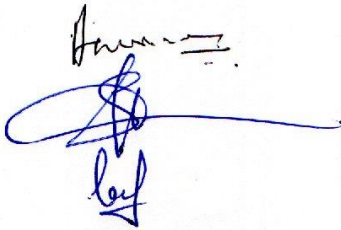
CIRCULAR

Date :- 05-08-2019

This is to inform all students that the Red Cross Club of SAC College has decided to **Stress in Health and Disease Program** organize on 07/08/2019 from 11:00 p.m. to 1:30 p.m. at College Campus . I hereby inform All the students & staff members are requested to participate in the program


Convenor
Indian Red Cross Wing
SAC College
Nagamangala - 571 432


PRINCIPAL
PRINCIPAL
Sri Adichunchanagiri College
of Arts and Commerce
Nagamangala-571 432, Mandya Dist.



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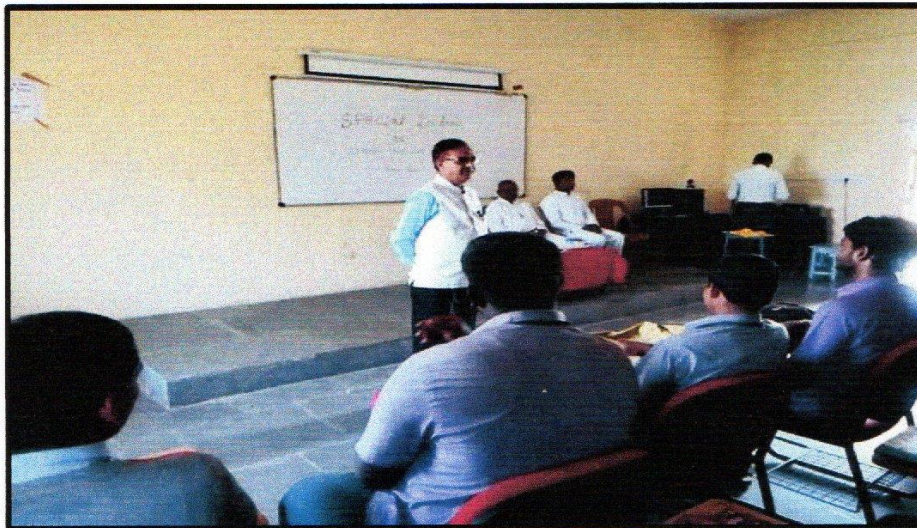
Stress in Health and Disease

Date : 08-07-2019

Nowadays, stress is a common problem in modern life. Stress is a basic thing of everyday life and there is no way to escape. Stress defines when the body did not give any specific reaction .Psychologist describe stress tension experienced on individual over a period of time which spoils the aptitude of the singular to accomplish his part.

Stress able to create bodily or mentor indications and stress can be engendered by pressure also problem in work environment and individuals lifestyle. The heavy pressures in our life are often linked to different kinds of diseases ,we work you him pressure stress we work under it we are driven by it we suppress it we deny it and try to escape it.

On 08 July 2019 B.K. Pranesh Sarvodaya Retreat Center Mysore delivered a lecture on stress free life and holistic heal that 3 p.m. for degree students.



Principal

Sri Adichunchanagiri College of Arts & Commerce
Nagamangala-571432, Mandya Dist.

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Nagamangala-571432, Mandya Dist.

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**Stress in Health and Disease
Program**

Date :- 07/08/2019

①	①	SAHANA.H	Sahana.H.
	②	Sindhee. S	Sindhee. S
	③	chandrabab	chandrabab
	④	Prythna cv	Prythna cv
	⑤	Theeravini .T.A	Theeravini .T.A
	⑥	Varshitha. M.g	Varshitha M.g
	⑦	Kavya.S.D	Kavya.S.D
	⑧	Bindu. S.R	Bindu.S.R.
	⑨	Geetha. k	Geetha. k
	⑩	Sindhu v. g	Sindhu v. g
	⑪	Amritha	Amritha
	⑫	Ranjitha D.C	Ranjitha D.C
	⑬	Geetha A.R	Geetha A.R
	⑭	monista. C	monista. C
	⑮	T.S.WARD - B	T.S.WARD - B
	⑯	SANSAY B.G	Sansay B.G
	17)	Dharamendra Prasad.k	Dharamendra Prasad.k
	18)	Channakeshava. g	Channakeshava. g
	19)	Murthy. M.N	Murthy. M.N
	20)	Bharath. C.h	Bharath. C.h
	21)	Sudhakasa B.N	Sudhakasa B.N

